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DR. P. BRAUN, 2701 Woolworth Ave., Omaha, Neb.

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## HOW SHALL I CURE MYSELF.

A Practical Course of Lessons in the Art and Science of  
Self-Healing.

BY P. BRAUN, PH. D.

[CONTINUED.]

If the cerebro-spinal system is involved, you may first treat the brain for more controlling power, and after that the affected part or parts of the system.

In all cases get yourself into a comfortable position and try to relax all muscular and nervous tension as much as possible. Then quietly but steadily think of the part you select for treatment. Hold the mind there as steadily as may be, but stop when you feel wearied. Think that now the healing forces are present there and that they are at work restoring harmony. Intensely *desire* that normal and healthful conditions should manifest. If mothers can impress their babes with marks, traits and physical characteristics through the power of imagination, and if the devotee who becomes absorbed in the contemplation of the wounds of Christ in time actually shows the marks on his or her body, or at least produces the phenomenon of blood oozing from the skin in those



parts, then *you* may exercise *your* imagination for the production of physiological changes in *your* body, especially when nature through her tendency or striving for equilibrium stands ready to aid you.

I have tried to bring before the mind of the reader the principles involved in self-healing and stated them from a rational point of view. But there are many who seem to grasp these principles easier if they are stated from a metaphysical point of view, and it is now in order to say something about the latter.

I am fully aware that whatever explanation we may give of the process of Healing does not explain all. Life remains still a mystery, and so do other things we have touched upon in the discussion of our subject. But we all recognize the facts, no matter how we explain them. Let us then hold to the facts and give no undue importance to the theories which are offered by the various schools in explanation of the principles and processes involved in Healing. Theories have their value, but when sects (scientific, philosophical or religious) offer them as the only truth, then may we be justified in an opposition to such claims. There is much to be learned from all schools, but we make a mistake when we so wrap ourselves up in the teachings of one that we fail to see any good in the others. Let us without fear and without prejudice investigate truth no matter where it comes from, and hold fast to that which appeals to us as truth until we find something better. Truth is absolute, and the perception of it is relative. Let us not claim that for our small measure of perception which only belongs to the absolute.

I would also add one word of warning to patients and healers alike. The more I study into the laws of life, the more I am becoming convinced that Self-Healing is the best healing. Nature has striven hard to evolve us into individuals out of Universal Being. We may not exercise any undue control over others without violating the law of their being. We may not give ourselves up to the control of other minds, no matter how wise and good, without losing in some



measure a part of our own selfhood. Giving ourselves up to the control of one individual, makes it that much easier for others to take undue advantage over us.

Suppose you meet a stranger in New York who offers to conduct you through the city. Would you not try to satisfy yourself first of all in regard to his character? But you trust yourself into the hands of a healer whom you have never seen. Suppose you consent to be guided by the stranger. He may either voluntarily or involuntarily lead you into unknown dangers and pitfalls. And as long as you blindly trust to the guidance of another you will not make an effort to learn the way yourself. I am aware that some healers will not agree with me for financial or other reasons. It is however a fact that because a man or a woman is a healer is no reason to suppose that they are good and pure beings. If you are sensitive, you will know that an emanation proceeds from all people which carries with it some suggestion of their characters, their physical, mental, moral and spiritual conditions. Now, if you are of a very negative character yourself, who will tell how much you may or may not be silently influenced by those around you. Therefore be cautious in your choice of a healer.

If you employ one to assist you, let it be in the nature of an aid to your own efforts. Never give yourself up wholly and unequivocally to his control. Maintain your own individuality. Make yourself passive to the workings and the vibrations of your own life forces within you rather than to the healer.

If you are a healer, remember that your true field of labor will lie in leading your patients to an understanding of the laws of healing so that they may consciously apply such a knowledge for their own good. If you treat them, let it be as a complement to their own efforts. Do not allow your patients to lean wholly upon you and thus become dependents on your efforts, no matter how many financial advantages such a course might offer to you. No amount of money could make good the moral degeneration



that would follow for yourself. You would degenerate to the plane of a black magician. Place your patients upon their own feet. Awaken within them the consciousness of their own divine self-hood and its powers. Then you will become a member of that universal brotherhood of men who work for the liberation of humanity, while otherwise you associate yourself with the demons who strive to control others for their own benefit, and keep men in bondage.

I would not throw discredit on the majority of the noble men and women who have entered the profession of healing. But there are also the black sheep within that noble profession. Only recently a case was investigated by the postal authorities, in which it appeared that the so-called professor was never brought in contact with any of his patients. There were thousands of them. They all paid their \$5 per month, for which they got nothing but a letter containing directions of how to make themselves passive to the "strong vibrations" which were said would emanate from the healer, which no doubt were never sent, and perhaps it was well that the vibrations from that healer did not reach his patients. But some people got well in consequence of the strong hope and faith aroused, and the hopeful concentration of their own thoughts which they were induced to practice. This man was reputed to take in about \$50,000.00 per month through his "absent treatment" office alone.

We also remember the case of the Boston healer who sent out pamphlets filled with false testimonials, who made on an average \$35,000 per month without doing anything further for his patients than send them a letter. And still people will be duped by the glaring newspaper advertisements and trust to others what they can and ought to do themselves.

But this does not imply that the healer has no place in the economy of life. He has a noble mission, and if he understands that mission and tries to help those who are seeking aid from him to the best of his ability he does a good work.



## CONCLUSION.

Let us now sum up and get a bird's eye view of the principles underlying all healing by mental methods:

1st. There is only one source of life, i. e., the creative Spirit of God, which is present everywhere throughout nature and man.

2nd. It is the nature of this Spirit to manifest in Order, Beauty and Harmony, and wherever the latter have become disturbed, to regain equilibrium.

3rd. The body of man is no exception to this rule, and health and beauty are the necessary results where this law is allowed to operate without undue interference.

4th. The three primary factors underlying all manifestation are Intelligence, Force, and Matter or Substance. Matter is the element operated upon and moulded by Force. Intelligence controls this operation.

5th. The intelligence of man is a part of this Universal Intelligence individualized, and it may therefore directly assist in the orderly arrangement of the particles composing the body through a cultivation of harmonious thoughts and feelings, or it may interfere with the same by giving way to inharmonious thoughts and emotions.

6th. Thought is a vibratory force, and through concentration its power for good or ill may be increased.

From the above it will be seen that the life forces are ever ready to repair health and harmony when lost, at least to a certain degree. We can assist this process consciously in two ways; first, by removing from our life and mind all that could interfere with this benign tendency; and second, by a positive concentration of harmonious thought.

The concentration of thought for this purpose has been discussed in our last lesson, and it now remains for us to point out how we may remove those obstacles which interfere with the workings of this law of Harmony. This last is the most difficult for many patients. They will be very ready and willing to set apart a half



hour or an hour each day for concentration, but when it comes to the correction of bad habits of thought and action, that is another matter. And yet this is necessary in many cases both for the cure of the disease as well as for the maintenance of health afterwards. Many diseases are the direct results of such inharmonious thoughts and actions, and it would be the height of folly to try to effect a cure without the removal of the cause of the trouble. What use for any healer or a dozen healers to send you mental vibrations of harmony and health if you continue to vibrate inharmoniously yourself. There is no magic in this or any method of cure. It rests on an eternal law which must be complied with if we would expect the proper results. The sooner we drop all mysticism and emotionalism concerning it the better. We will lose nothing by looking the facts squarely in the face. I invite each patient to do so now.

Are you given to fits of worry and the blues? Then try with all your might to rise above them. If you can better your condition, do so. If you cannot, then no amount of worry or the blues will make them better. But they will make *you* worse and more unfit mentally and physically to cope with your difficulties. It is right here where the "Don't Worry" clubs are doing a good work.

Are you given to fits of anger? Try to overcome them. Is your jealousy easily aroused? Keep it down.

Do you harbor feelings of hatred or revenge against anybody? Dismiss them instantly.

Are you subject to morbid fears of any kind? Try to fortify yourself against them by studying the nature of that which you fear and by getting a better knowledge of yourself.

Are you a slave to intemperance in eating, drinking, smoking or sexual matters? Then cultivate temperance. But all these things have been discussed for ages, and there should be no excuse for bringing them up here. They are mentioned in the ten commandments and the Sermon on the Mount. Buddha, Confucius, Zoroaster, Hermes, and all the world's best teachers have dwelt upon them at great length. Why then



should I mention them here? There would indeed be no excuse if it was not for so much of ignorance or misconception with regard to these things. We have been taught that we must be good in order that we might reap a reward after death. But death to most people seems a long way off, and why should they trouble themselves concerning a future state of which they know practically nothing, except the assertions made by people who in most instances are as ignorant as they are concerning a future state.

The author would not give the impression to his readers that he doubts the fact of a life after what is called death, but the point he wishes to make is that we must rid our minds and lives of inharmonious thoughts and actions not because we offend some far-off deity, but because we violate our own inmost and highest nature. Not because we wish to avoid a future punishment or get a future reward, but because we want to avoid the punishments right here in this life which follow all violation of the laws of our being, and because we want to become happy, prosperous and healthy right here and now. If we succeed in this, then the future will take care of itself. We then will be able to cure a large percentage of our troubles and avoid many troubles that would be our portion in the future, both before and after death.

We know that nature can carry on the work of repairing best when we are asleep or at rest. When we ourselves are active and positive the life forces are used in the efforts made or the activity kept up. This activity may be either mental, emotional or physical. It may be all three at the same time. It is the easiest thing in the world to give up physical activity by laying down, but patients find it often difficult in putting their minds at rest. If they cannot stop thinking, let them at least stop inharmonious thinking. Give the mind some pleasant work. If you are talking with others, see that the topics of conversation are of a healthful and cheerful nature. If inharmonious thoughts pester you when alone, then try to read something of a cheerful nature if you do not succeed to change the current of your thoughts in any other



way. Study books that give you a greater knowledge of yourself, which knowledge will help you in overcoming many of the ills of life, or at least help you in bearing them more philosophically. The greater knowledge of yourself, attributes and powers will result in greater power to overcome your obstacles in life, which are very often within your own self. It is in this way that the truth saves and makes free.

Practice daily concentration of thought. Make such affirmations as have been given at the end of the first and second lessons. After you have engaged in positive exercise of thought for a while, you may try and make yourself passive. Passive to what? Passive to the Spirit of Life within you. Passive to your own Life forces; passive to the operation of the law of harmony, beauty and health. Relax all tension physically, which makes it easier to become mentally more quiet. Your attitude now should be one of expectation, that is, you should do nothing yourself, but expect that the life forces will act and restore harmony as quickly as may be. If this is not as soon as you wish, do not become discouraged, but go right on with your daily exercises in concentration and passivity, and they will result in some good in due time.

If you have any pains, you will often find that they leave you quicker if you give up all positive tension or resistance and let them have their way. They are due to the activity of the life forces in trying to restore equilibrium, and it would seem that by resisting them we would hinder the beneficial activity that causes them. Think of your pains as natural concomitants of the effort on the part of the life forces to heal you. Resist not evil, but let them have their way.

Let the spirit within have the body unhindered and unhampered, and it will do its appointed task as speedily as possible under the circumstances.

First concentrate positively as indicated in former lessons, for at least ten minutes or more, and by doing so you will stimulate the latent life forces into activity, or increase those active already. Then assume the passive attitude during which these same life forces may work unhindered by any mental or physical ten-



sion. This, in brief, is all there is in healing by mental methods. There are differences both in the explanation of the underlying principles as well as in point or application. But these are not fundamental and arise by different minds viewing the same thing. Those of metaphysical modes of thought will clothe their statements in metaphysical verbiage. The religiously inclined will clothe their statements in a garb most easily comprehended by other minds similar to their own. The philosophic and scientific minds will have their own way of stating the matter, and so at first sight there seems to be a confusion of conflicting statements. But looking at them all, the fair-minded reader will find a certain unity of principle as well as of application, and he must ever study that which is most suitable to his own cast of mind.

We have therefore no quarrel with other schools or teachers, as we recognize the good in all, and we would encourage our readers to study other authors and schools, for in doing so they will enlarge their mental horizon and get a better understanding of both the subject and themselves.

[THE END.]

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## PERSONAL MAGNETISM.

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### A Practical Course of Lessons.

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BY P. BRAUN.

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#### PHYSICAL MAGNETISM.

Animal Magnetism, Physical Magnetism, Vril, Vital Force and Nervous Energy are modifications of the same thing, if they are not identical. It has long been known that there is a subtile energy pervading the whole body which may be seen under favorable conditions. Baron Reichenbach placed sensitives in a dark room for hours when they would be able to see colors and lights surrounding living organisms as well as certain substances. These sensitives saw rays emitted by gems and crystals. They found lights



emitted by a magnet, blueish from the north pole and yellow-red from the south pole. The north pole of a magnet is its positive and the south pole its negative pole. The sensitives noticed a certain halo surrounding the body of people in the dark room, which appeared blueish on their right side, and yellow-red on their left, which suggests certain analogies between the negative and positive parts of the magnet. Besides this halo enveloping the bodies of people, they also saw streamers of white light coming from the eyes, nostrils, mouth, and even the ears, as well as the finger tips. Through experiment it was proved that this white light could be lengthened or intensified by an exercise of the will, thus proving its intimate relationship with nervous energy.

When the body is warm and the pores open, this envelope around the body is brighter and thicker than when the pores are closed. When the skin is relaxed it seems that this energy escapes more readily, and this is the reason we feel exhausted when we have slept under too warm a covering, or in too warm a room. Hot weather generally has the same effect, especially when the air is saturated with moisture which absorbs this energy more readily, or furnishes a better conductor for it. Several lessons may be drawn from this fact. The first is that we should keep as cool as we possibly can with comfort and under existing circumstances. Avoid overheated rooms. Sleep with just enough covering to keep you moderately warm. Avoid too hot baths unless for some specific purpose. Do not stay in water too long. Keep your feet dry, because when your shoes or stockings are damp or wet, they furnish splendid conductors for your stock of magnetism. It will be conducted away from you into the earth, where it will do you no good.

It will also be readily seen how important it is for us to keep the skin in a healthy condition. The trouble with so many people is that they allow the pores to become clogged when they will close with difficulty at times when they should close. The skin becomes too relaxed, the open pores allow the mag-



netic forces to escape, while on the other hand they admit the entrance of the cool air as soon as we come in contact with such, and the result is some congestion or cold.

In the cultivation of Personal Magnetism we have to stop all unnecessary waste of energy, and among other things it will be necessary to establish a normal and healthy action of the skin where it does not exist. Frequent baths are a necessity for the purpose of removing the waste matter which is continually dumped through the pores on the outside of the skin along with the perspiration. In order to excite the pores to action we should expose the skin for a few moments to contact with the cold air in the winter every morning before we dress ourselves, by taking a walk around the room while all the clothing is removed, and in the summer we may gain the same results by using a sponge bath every morning before we dress ourselves. This is taken by moistening a portion of the body with cool or cold water, after which that portion is dried with a towel. As soon as one part has been moistened and dried another should be gone over in the same way until the whole surface of the body has received the same treatment, when we should dress quickly.

If you are sick, you should first strive to regain your health by any method which promises success. You should adopt hygienic measures which are necessary both for the cure of your ailments and in the maintenance of health when that is regained. Next you should stop all unnecessary waste of vital force, and the reason why so many healthy persons are not more vital and magnetic is that they either foolishly waste their energies or allow them to leak away unobserved. Mental and physical overwork, worry, fear, anger, the immoderate indulgence in improper food or drink are all matters which the aspirant for Personal Magnetism must avoid. But of the mental and moral requirements we shall speak at greater length later on. At present we shall confine our attention to the physical conditions which must prevail if we would succeed.



One of the first considerations is moderation in sexual indulgences. It is with great reluctance that I speak on this subject at all. Indeed, it appears so evident that it would not need mention here if it was not for the ignorance regarding this matter, and the misconceptions concerning it, which we meet with every day. We are not pleading for total abstinence, but nature seems to have only two objects for the sex energies in both man and woman. The first is the procreation of offspring, and the second is for vitalizing and energizing the system of him or her in whom nature provides these energies. The use of the same for procreative purposes means a temporary loss to the parties involved, but this would not matter much if it was restricted to that purpose. But what do we find? Are these precious energies used for that purpose alone? I leave the answer to the reader.

Even where the voluntary waste of these energies is restricted, it will oftentimes be the case that they pass off involuntarily, either while awake or asleep. The methods of establishing a full and permanent control have been discussed in the two volumes of the *Mastery of Fate*, to which we refer the reader. The manner of treatment may not be all that we desire it should be, but nevertheless the articles contained in those two books have helped hundreds to whom a different mode of presentation would not have been as intelligible.

Those of our readers who are in quest of further information know now where to find it, and we may pass on to the consideration of other matters. A hint to the wise, however, is sufficient.

Why do the wealthy, our society people, politicians and business men seek the mountain side or the seashore in summer? Is it not in most cases because they have wasted too much of life force, and did not allow sufficient time for recuperation between periods of activity during the winter. The body can withstand a great deal of strain if we give it the necessary time and opportunity to recuperate. But the hours which we should set aside for sleep are often



used for labor or dissipation. Late hours and dissipations result in a loss of vitality, and if persisted in, will lead to an early breakdown of the entire system.

Regular hours for sleep, then, are a necessity, and the ones who exercise either mind or body severely need temporary relaxations besides. The ball room, the theatre, the opera, the lecture hall, short excursions, etc., furnish opportunities for the same, and church people instead of frowning down upon the same, should regard them as necessary to the health and welfare of the people. What harm can result even from an occasional game of cards so long as it is not indulged in immoderately, or becomes the pretext for gambling? There can be no harm in the proper use of things and opportunities. The harm arises only in their improper or inordinate use.

See to it, then, that you give your body sufficient rest, and your mind the needed relaxation, if you would be healthy, vital and magnetic.

If you feel depleted and exhausted, try to sleep an hour, or even half an hour after dinner if you can. If you awaken after daylight in the morning, rise and dress. If it is too early for work, try to become thoroughly awake, when you may lay down again and rest. But it is not well as a rule to indulge in short, semi-wakeful naps after you are once awake. They are more weakening in their effect than strengthening. Go to bed early and rise early, is the best rule, although many seem to get along well going to bed late and rising late. An early retirement, however, is best for nervous temperaments.

Some occultists advise sleeping with the head pointing due north, in order that the earth's magnetic current may not cross the flow of magnetism within the body.

Some people are able to go to sleep for a few minutes almost at any time during the day, and they awaken very much refreshed from these so-called "cat-naps." I believe this may be cultivated, but if one cannot do so, one can at least thoroughly relax mind and body for a few moments whenever an opportunity for doing so presents itself.



Try to sit or lie perfectly still. You find that if you try this, that your hands, fingers and feet will twitch, or you will feel a creeping, tingling sensation in your limbs or feet, which is a temptation to move these members of your body. If you do move, you will spend the nervous force whose gathering or presence causes the sensations. Remember, you want to learn to accumulate and store magnetic force, so do not move. This may make you sleepy, and if you suffer from sleeplessness, you may try it at night and overcome this difficulty at once.

At the same time that you learn to preserve your forces, you may practice the following exercise for generating vital force. Be careful to tense *gradually*, as it is gradual tension of the muscles which generates the force.

Lay perfectly flat on your back without pillow. Inale air slowly and deeply, and hold breath. While holding, *tense* the muscles of the body *slowly* and *gradually*. Begin by closing the fists, then tense the muscles of your arms, back, loins, legs and feet. After holding your body tense for as long as you can, relax gradually, and allow the breath to escape slowly, after you have previously added a short breath to the air already in your lungs. Then inhale slowly and deeply again and tense again. Repeat from six to twelve times. Take care not to strain any muscle so as to produce pain.

The presence of a new and mysterious force will make itself felt in various portions of the body, notably the back, limbs and sexual organ, in new and peculiar sensations. You may feel creeping sensations in the limbs which may lead you to move the limbs. If you do, you will spend some of this vital force in the more or less uncontrolled muscular effort. Lay *perfectly still* for at least ten or fifteen minutes after your practice and allow the force to permeate your entire system.

Magnetism is the attractive, building, cohesive force. Under its benign vibratory influence the atoms and molecules in the human body group themselves in accordance with the eternal and perfect pattern,



which is nature's design. Magnetism, although it may be separated from electricity, is primarily a concomitant element of electrical force. It is generated by electricity in action. The iron core in the electromagnet will not be magnetic until the electric current plays around it. The air after a thunderstorm is so vital and bracing, because the interchange of electricity has generated a vast amount of magnetism. It is electricity which moves the muscles of the human body; a tension of muscles always calls for electrical activity, which in turn generates magnetism. The bodily tissues of idle people weaken, deteriorate, or become diseased, because they do not exercise their muscles, and therefore fail to generate sufficient magnetic force to keep or build the atoms and molecules in their proper order and connection. It will now be seen why we advise our students to practice the above tensing exercise.

Avoid all sharp, quick, jerky motions as they are very exhausting. In walking, avoid heavy blows on your heels. Avoid rocking in rocking chairs, because rocking requires that certain muscles should be constantly in tension, which is a useless strain on the nervous force. If you are given to moving your legs or feet while sitting, biting your nails, drumming with your fingers, humming and whistling, or any continued monotonous movements of any kind which are unnecessary, stop them, for they are so many means of wasting magnetic force.

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